



Vol. 61 No. 3

Friday, January 16, 2004

## Cuban American Friendship Day Back in Guantanamo Bay

*We're just one week away from the day-long celebration of the bond between the Cuban and American residents at GTMO. Early Wednesday morning at the Northeast Gate, Capt. Les McCoy presented the Cuban commuters with their tickets to this annual festival of Friendship. (See CAFD info - page 2)*



## NEWS BRIEFS

### Reptile Presentation at Windmill Beach

Your tour in GTMO is not complete unless you have seen its wildlife up close. Dr. Peter Tolson from the Toledo Zoo returns to host a presentation at Windmill Beach on Sunday, Jan. 18, starting at 11am.

Don't miss this opportunity to view some of GTMO's unique wildlife and learn about the importance of their conservation.

### Right Spirit Alcohol-free Night

In support of the Navy's "Right Spirit Campaign," MWR and GTMO's First Class Petty Officers are sponsoring an "Alcohol-free Night" at the Windjammer Club tonight from 7 to 11:30pm.

The event includes light appetizers, all the free water and soda you can drink, non-alcohol beer and blended drinks, and several game tournaments, including pool, darts, spades, dominoes (bones), and more. Trophies, gift certificates and various "Right Spirit" merchandise will be awarded.

So, catch the "spirit" and join your friends at the Windjammer for a night of fun and games! For more information, call AT1 Tonya McKennie at 4232 or 4099.

### Telephone Service Rate Increase

As of 1 February 2004 the Telephone Service Rates will increase as follows:

Residential (Class B-1): \$ 24.34 TO \$ 34.68

Contractor (Class B-2): \$ 43.07 TO \$ 69.36

These rates are mandated through the Department of Defense Financial Management Regulation DOD 7000.14-R, Tab M, Standard Rates for Unofficial Telephone Service at DOD Overseas Installation Fiscal Year 2004. This is located on there web site [www.dod.mil/comptroller/rates/fy2004/2004\\_m.pdf](http://www.dod.mil/comptroller/rates/fy2004/2004_m.pdf).

As of 1 February 2004 all Contractor Residence Telephone service will be classified as Residential, unless the service is used for their Business (such as trouble desk calls and working business from their homes). To complete this change each Contractor has a telephone representative that handles LCN business. Each individual with personnel phones will need to contact them so they may compile a listing to be given to LCN to complete this change.

The new government line rates will be on your bill that is received in February 2004 along with the January long distance charges. For more information, call 2500.

# Cuban American Friendship Day

## Celebrating 35 Years of Friendship and Mutual Support



### Cuban American Friendship Day Celebration

Friday, January 23rd -- Windjammer Club, starting at noon

Guest Speaker - Cmdr. Carlos Del Toro, USN

Commissioning Commanding Officer of USS Bulkeley (DDG 84)

Enjoy a delicious Cuban Buffet for \$6.50. Seating for 400.

First come, first served basis. Entertainment includes live music and dancing.

### 2004 Friendship Relay Run

Friday, January 23rd, starting at 8am

NE Gate to Ferry Landing to the Windjammer

Register with Lt. j.g. Janice White at 7439 or [rayjanwhite@phoenixcable.net](mailto:rayjanwhite@phoenixcable.net)

**U.S. Naval Base  
Guantanamo Bay, Cuba**

# Gazette

Vol. 61 No. 3  
Friday, January 16, 2004

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# Remember, Act, Celebrate Martin Luther King, Jr. Day

On January 19, 2004, Americans across the country will celebrate the national holiday honoring the life and work of Dr. Martin Luther King, Jr. As they have since 1986, when the first King holiday was observed, thousands of Americans remembered Dr. King by serving in their communities—by making the holiday “a day on, not a day off.”

During his lifetime, Dr. Martin Luther King, Jr. sought to forge the common ground on which people from all walks of life could join together as equals to address important community issues. Service, he realized, was the great equalizer. As he once said, “Everybody can be great, because everybody can serve.”

Last year’s Martin Luther King, Jr. Day of Service was the biggest and best ever with tens of thousands of volunteers across the nation paying homage to the slain civil rights leader’s life and teachings by serving their community in some way.

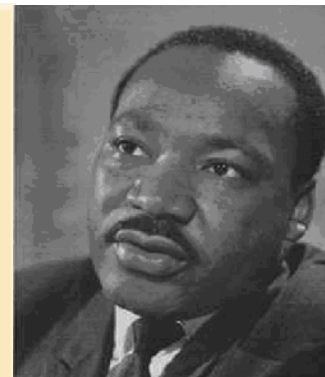
As the third Monday in January approaches, you can build on the success of past years and help make community service a common expectation.

Service projects can come in all shapes and sizes. Some are designed as single-day projects, while others continue long into the future. Here are some ideas on how you can serve:

- \* Grab a trash bag and head outdoors to clean up the street that you live on or a nearby playground.
- \* Volunteer at your local elementary or high school.
- \* Know some new parents, someone who is ill or elderly, or just

“LIFE’S PERSISTENT AND MOST URGENT QUESTION IS, ‘WHAT ARE YOU DOING FOR OTHERS?’”

— Dr. Martin Luther King, Jr.



some one who seems overwhelmed at the moment? Volunteer to baby-sit, mow their yard or bring them a casserole for dinner.

\* Join an organization that routinely supports the community.

The possibilities to serve your community and do something worthwhile are endless. Here in GTMO, volunteers are currently planning the **Annual Martin Luther King, Jr. Candlelight March** to honor the long-lasting contributions of this civil rights leader. The entire community is invited join in. Participants will gather at POW/MIA Memorial at **5pm, Monday, Jan. 19** and then proceed down Sherman Avenue to the Base Chapel for a special service and musical performances.

A bus will be available after the service to transport people back to the Downtown Lyceum parking area. If you have any question regarding this event, contact Lt. j.g. Royster at 4144 or email him at roysterkd@usnbgtnavy.mil.

## Navy OneSource: Bridging Gap for Sailors and Families

By JOSN Amie Hunt

NPC Strategic Communications

With Sailors and their families stretched out all over the world, it can be difficult getting access to the traditional base or station support services. To help bridge the gap, in cooperation with the Fleet and Family Support Centers (FFSC), a new resource has recently been contracted. It’s called Navy OneSource, an information and referral system, linking Sailors and their family members to both military and community resources. Together they’re working to support operational, personal and family readiness.

Navy OneSource offers practical solutions, information, advice and support via telephone, email, or the web. With Navy OneSource working in conjunction with NPC’s 1-866-U-ASK-NPC call center, Sailors will receive the widest spectrum of service to meet their needs. While 1-866-U-ASK-NPC will remain the authoritative source for professional and career counseling and referral, Navy OneSource will bridge the gap for family resources. There are a wide variety of resources available on topics such as parenting and childcare issues, education services, financial information and counseling, legal, elder care, health and wellness, crisis support, and relocation.

It is designed to help Sailors better manage competing time demands, such as purchasing a vehicle, locating a plumber, or locating a youth program seven days a week, 24 hours a day, 365 days a year. Navy OneSource is available to active duty and reserve

### How May We Help You?

*US Navy offers you access to Navy OneSource Online, where you can find help to cope with life’s little — and not so little — issues. Click on a topic of interest on the left, under the How May We Help You? heading, or use the key word search in the top right corner. You can access informative articles, helpful tools, audio tips on hundreds of specific topics, and much more.*

Sailors and their family members.

Navy OneSource is accessible by telephone or the web. For web access go to [www.navyonesource.com](http://www.navyonesource.com). The user ID is: Navy; and the password: Sailor. By phone: 1) the toll free CONUS number is 1-800-540-4123; 2) the OCONUS universal free number is 1-800-540-412-33; 3) OCONUS Collect Call number is 1-484-530-5914; 4) the special needs line for TTY/TDD is 1-800-346-9188; or 5) the Spanish and other foreign language line is 1-888-732-9020.

Initial levels of web and call-in support/referral will begin in January 2004 and a full roll out of service will occur as the database is populated with base-specific information throughout the year. Check with your commands FFSC for more information on Navy OneSource services. It’s another way the Navy is taking care of its own, “Mission First, Sailors Always.”

# Healthwatch: There's No Such Thing as a Miracle Diet Pill

By Lt. Cmdr. P.L. Pentin

Naval Hospital Bremerton Public Affairs

There is no miracle pill or treatment to magically make a person lose weight and keep it off. The only way to permanently lose weight is to reduce the total number of calories consumed and to be physically active.

The keys to success are identifying and eliminating behaviors that contribute to taking in more calories than the body needs, making a plan to develop healthier eating habits and increasing physical activity.

Performed one change at a time, changing eating habits can be easy. For example, deciding to eat without doing anything else at the same time, focusing on enjoying the taste and smell of the food and avoiding watching TV, talking on the phone or driving a car while eating are all positive changes.

Other healthy habits to adopt include eating breakfast; making lunch the biggest meal of the day; beginning meals with a low-fat salad, soup or a glass of water; increasing vegetable and whole grain intake; drinking fewer sugar-sweetened beverages and replacing regular soda with diet soda, water or skim milk; and limiting alcohol intake.

Additionally, learning what a single serving looks like, eating slowly and being physically active can also be helpful in achieving weight loss.

Sedentary people should seek advice from a health care provider to determine which physical activities would be appropriate for getting started.

Being physically active doesn't mean a formal or complicated exercise program. The best kind of activity is the kind one will most likely keep doing. The chosen activity should be performed at least 30 minutes a day, on most days of the week.



Aerobic activity, such as swimming, walking or jogging, raises the heart rate and helps to burn calories. Light weight training adds muscle mass, and muscle burns calories faster than fat.

One should set specific goals. For example, instead of saying, "I'm going to lose 20 pounds," deciding to be more active every other day of the week is a better approach. Be specific about the activity and the schedule. The new goal might be "During my lunch hour on Mondays, Wednesdays and Fridays, I'm going to walk for half an hour." Once the new behavior becomes a habit, it's possible to move on to another goal.

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## Fair Credit Reporting Act Gets New Name, New Provisions

The Fair and Accurate Credit Transactions Act of 2003 (FACTA) has been approved by both Houses of Congress and was sent to President for his signature. It amends the current Fair Credit Reporting Act (FCRA) to "prevent identity theft, improve resolutions of consumer disputes, improve accuracy of consumer records, make improvements in the use of, and consumer access to credit information, and for other purposes."

The new provisions make it easier for consumers in all 50 states to deal with their credit files. Among the new FACTA provisions are a free copy, annually upon request, of credit reports from each of the three credit reporting agencies (CRAs), disclosure of credit scores, which are used by lenders when making lending decisions and several identity theft measures including 'Fraud Alerts' in credit files. Further, when requesting free credit reports, the law includes a provision whereby the CRA's must notify consumers of their right to get their credit scores and also include an explanation of factors that may have a negative affect on your score.

Now consumers may dispute directly to the creditor and the CRA, plus creditors must notify a consumer whenever negative information is going to be sent to a CRA for inclusion in a credit file, reducing the number of inaccurate reports going into files because the consumer will know in advance. Now, consumers would know in advance if a lender was making a false report on a late pay or other delinquency, and could dispute it directly before it hits a credit file.

Further, to help consumers who are actively shopping for a

mortgage, automobile or other type of loan, avoid having an incredible number of inquiries on their credit reports as a result, would receive a special notification from the CRA that these inquiries are lowering the consumer's credit score.

### **Here is a summary of the major amendments:**

Provide consumers with a free credit report every year.

Give consumers the right to see their credit scores.

Provide consumers with the ability to opt-out of information sharing between affiliated companies for marketing purposes.

Ensure that consumers are notified if merchants are going to report negative information to the credit bureaus about them.

Allow consumers to place "fraud alerts" in their credit reports to prevent identity thieves from opening accounts in their names, including special provisions to protect active duty military personnel.

Allow consumers to block information from being given to a credit bureau and from being reported by a credit bureau if such information results from identity theft.

Restrict access to consumers' sensitive health information.

Provide consumers with one-call-for-all protection by requiring credit bureaus to share consumer calls on identity theft, including requested fraud alert blocking.

Require creditors to take certain precautions before extending credit to consumers who have placed "fraud alerts" in their files.

Stop merchants from printing more than the last five digits of a payment card on an electronic receipt.

## Women's Ministry Kick-off

The GTMO Protestant Women of the Chapel are hosting their Winter Ministry Kick-off at 6:30pm on Thursday, Jan. 22 at the Chapel Fellowship Hall.

It is our hope that this event will give women an opportunity to discover more about the ministries of PWOC. Women can also sign-up for Bible studies.

PWOC is a non-denominational, Bible-based ministry for all women. For more information, contact Joan Feehan at 5700 or Chaplain Shaw at 2323.

## Marriage Enrichment Workshops

Marriage Enrichment Seminar

### The Five Love Languages

*Two evenings, 7pm, February 10th and 12th at Chapel Hill Fellowship Hall.*

*For married and engaged residents (accompanied and unaccompanied).*

*Call Chaplain Shaw at ext. 2323 to register or for more information.*

### C.R.E.D.O. Marriage Enrichment Retreat

*For couples seeking greater satisfaction, closeness, and a genuineness in their marriage. The retreat is being held here in GTMO and begins with dinner on Friday, March 19th and ends with*

*Lunch on Sunday, March 21. To register, call 2323 or email [n15b@usnbgtno.navy.mil](mailto:n15b@usnbgtno.navy.mil)*

*The retreat is open to all active duty, reservist and retired military, and DOD/DON civilians.*

*For more information, call the chapel at 2323.*

## Worship Services

### Catholic Mass

(Main Chapel) **Monday - Friday**  
Daily Mass (Cobre Chapel) 1130

#### Wednesday

Holy Hour/Rosary 1700  
(Cobre Chapel)

#### Saturday

Reconciliation 1630  
Eucharist/Mass 1730

#### Sunday

Eucharist/Mass 0900  
La Santa Misa (Spanish) 1015  
Eucharistic Adoration  
(Cobre Chapel) Daily 24hrs

### Protestant Services

#### Sunday

Sunday School 0930  
Services - Main Chapel 1100  
Children's Sunday School 1130

### New Life

(Main Chapel) **Sunday**

Worship Service 1300

### Church of Jesus Christ of Latter Day Saints

(Sanctuary A)

#### Sunday

Sunday Sacrament 0900

#### Monday

Family Home Evening 1800

#### Wednesday

Ladies Relief Society 1900

#### Thursday

Young Women 1900

### Filipino Christian Fellowship

(Sanctuary A) **Sunday**

Worship 1800

### Iglesia Ni Cristo

(Sanctuary B) **Sunday**

Worship 2000

### Pentecostal Gospel Temple

(Room 13) **Sunday**

Worship 0800 & 1700

### Seventh Day Adventist

(Sanctuary B) **Saturday**

Divine Service 1100

### Islamic Service

(Classroom 18) **Friday**

Worship 1300

### United Jamaican Fellowship

(BLDG. 1036 - Next to Phoenix Cable)

Sunday Service 1100 & 1830

### Camp America Chapel

**Protestant Service**

#### Sunday

Seaside Galley 0900

Wood Chapel 1900

#### Wednesday

Wood Chapel 1800

#### Roman Catholic

#### Sunday

Wood Chapel 1700

**For information about Sunday  
School, Education Programs,  
Bible Study, Prayer Groups,  
etc., call the chapel at 2323.**



## Scholastic Newsline

### Navy College Learning Center

It's a New Year and time to start working on those resolutions you made a couple of weeks ago! You know the ones . . . eat right, exercise more, lose weight, go back to school! Your Navy College Learning Center is available and ready when you are! We offer free, computerized prep courses for CLEP exams, the ASVAB, SAT or ACT! We also have college prep courses available. NCLC is open to Active Duty, Reservists, Retirees, Civil Servants, and adult family members.

We are located in Room 11 on Chapel Hill and operate Monday through Thursday 10am to 7pm and Saturdays noon to 4pm. Facilitators are available to assist you in meeting your goals. For more information, contact Tracie Hathorn or Julie Rochford at 3997.

### Navy College-Test Control Officer

All testing is currently on hold. If you have any questions regarding academic counseling, contact Susan Wheless, Navy College Director at Kings Bay, Ga., at [Susan.Wheless@cnet.navy.mil](mailto:Susan.Wheless@cnet.navy.mil).

### Columbia College

**New Year's Resolution #1 – Take college courses!** Attention all students: Our first session starts on Monday, Jan. 19! All classes will meet as scheduled on the Monday holiday. There are still seats available in the following courses: ASTR 108-Introduction to Astronomy, MATH 150-College Algebra, MGMT 150-Introduction to Business, and MGMT 330-Principles of Management. Bring your signed tuition assistance form by the office no later than 6pm Monday, Jan. 19 to enroll in classes this term.

Also, please note that DROP/ADD week ends at 6pm on Monday, Jan. 26. All adds/drops must be submitted to our office by the advertised deadline.

Columbia College is located on Chapel Hill in the Navy College Office. Office hours are Monday through Friday, 10am to 6pm. Call 5555 to schedule an appointment to review your military training and college transcripts for transfer credit.

Finally, the Columbia College staff here would like to thank Dean Eric Cunningham for his visit to GTMO. We appreciate the time and our instructors gained a lot of insight from his experience and expertise.

# GTMO SHOPPER

## School Lunch Menu

Jan. 19 - 23

### - MONDAY -



Martin Luther King, Jr.  
1929 - 1968

Federal Holiday  
No School

### - TUESDAY -

Beef Ravioli,  
Green Beans,  
Toasted Garlic Bread,  
Apple Sauce, Milk

### - WEDNESDAY -

Brown Stew Chicken,  
Potatoe Wedges,  
Peas & Carrots  
Orange Wedges,  
Milk

### - THURSDAY -

Combination Pizza,  
Carrot Sticks,  
Mixed Vegetables,  
Sliced Pineapples,  
Milk

### - FRIDAY -

Teacher  
Work Day

No  
School



## W.T. Sampson Dates to Remember

No School - Monday, January 19 - Martin Luther King Jr. Holiday

### W.T. Sampson High School First Semester Exam Schedule

Friday Jan. 16 and Tuesday Jan. 20 - Thursday Jan. 22

First Bell - 7:45am each exam day

Dismissal - 2:35pm, Friday, Tuesday and Wednesday

Early Dismissal - 10:50am, Thursday (High School Only)

Friday Schedule - 7:50am - B3 Exam; 9:25am - A1 Review; 10:55am - A2 Review;  
12:20pm - Lunch; 1:10pm - B4 Seminar

Tuesday Schedule - 7:50am - A1 Exam; 9:25am - A2 Exam; 10:55am - A3 Review;  
12:20pm - Lunch; 1:10pm - A4 Review

Wednesday Schedule - 7:50am - A3 Exam; 9:25am - A4 Exam; 10:55am - B1 Review;  
12:20pm - Lunch; 1:10pm - B2 Review

Thursday Schedule - 7:50am - B1 Exam; 9:25am - B2 Exam; 10:55am

No School - Friday, January 23

Any questions, call the high school front office at 3500 / 3782.

## Valentine's Day Dance for W. T. Sampson High School

Saturday, February 14th  
at Community Center

Begins at 7pm. Donations Accepted.

Sponsored by the NAVSTA SPOA

## WIC Office Open

The Women, Infants and  
Children Overseas (WIC) Office  
is now open. Call Sandy at  
2186 for more information or  
an appointment.

## Hospital Spouses' Organization Social

Mexican Cooking Class  
Tuesday, Jan. 20th

6:30pm - Community Center

\$2 Donation

FMI, call Toni Anderson at 7959

## Splish, Splash! Come Have a Blast!

Iguana Terrace  
Water Slide

Saturday, Jan. 24th - 10am to 3pm

Cost is \$3.

## Force Protection

Post emergency  
numbers such as 911 on  
the telephone and  
pre-program phone  
numbers when possible.

## Energy Conservation

Reduce the light  
on-time by  
improving timers  
and controls.

## Water Conservation

Jan 5 - 11

Used 6,885,000.0  
Daily avg. 983,571.4  
Daily goal 1,000,000 gal

We were **\$2,185** under  
budget for the week.



# GTMO SHOPPER

## FOR SALE

(1) 2 Complete dive gear packages, \$900 OBO and \$700 OBO. Includes BCs with weights, Wet suits, regulators, tanks, masks, snorkels, booties, dive knives, and assorted gear. Dive locker for 2 sets of gear. Small Kitchen table, 4 chairs, 1 leaf Good condition \$40 OBO W 4213 or H 7806

(1) Queen sized sofa-bed & loveseat, \$150; blue velvet recliner with massager, \$20; Victorian print sofa, \$150; treadmill, \$150; Sounddesign stereo, 3 CD player, tape & tuner, \$35; old piano, beautiful tone, needs refinishing, \$200. FMI call 5288.

(1) Home theatre surround system w/12" base speakers. Call Nadine, (w) 4300 or (h) 7675.

(1) Mini-long board surfboard, 6' 10", thruster- 3 skegs, great condition. Price \$290. Call Scott or Jen at 7982.

(1) Cat Scratch Post - Brand New - Tall Pyramid-ish shape wrapped with sisal rope and carpeted on the base. \$10. Call 7877.

(1) Mountain bike - great condition. Includes helmet, gel seat cover, cable & lock, and foot pump. \$90 OBO. Call 8651/5037.

(1) Zeagle Ranger BC (sm), US Divers Impluse Regulator w/ safe second, Oceanic Date Plus Nitrox Dive Computer and dive knife. Like new - \$800 OBO. Will sell separately.

(1) Paintball gun - minimag in great condition (used five times). Comes with electrical hopper, 6" barrel (stock) and black and grey JT mask. \$380. FMI, call Jeff or Anthony at (h) 7117 or (w) 4325.

(2) Underwater Metal Detector - Garrett XL500 Sea Hunter - complete w/ underwater headphones, extra coils, manual, and other accessories. Priced to sell at \$425. Call (h) 5725 or (w) 4588.

(2) Scuba gear (tank, BC, regulator, mask, snorkel, fins, gloves, boots, dive bag and many other items); 21" Sony Color TV w/ remote; 18 speed bicycle and many household goods. FMI, call 3196 or 8111.

(2) Surf Board (long board), 7' 10" - includes soft zipper case and wax. Made by Ocean Arrow. \$500 OBO. Call 7916, lv. msg.

(2) JetSki - 1992 Yamaha Waverunner III w/ trailer. Runs great. Lots of fun. \$2,500 OBO. Call 7916, lv. msg.

(2) Spear guns for sale - Competition magnum XHD with 3 5/8 bands, \$150 OBO; O.M.E.R. tempest 70, pneumatic. \$ 100 OBO. Call at 7126.

(2) Brown Jenny Lind crib - mattress, comforter, bumper, wall hanging and sheets - \$60. Call 2170 DWH/5533 AWH.

(2) Compaq Presario 7AP134 (series 7000) - 750MHz AMD Athlon processor, 128MB memory, DVD drive, CD writer, 56K modem (internet ready), Windows XP edition. Includes monitor, keyboard, speakers, mouse. \$575. Call Andrae at 5501 or 3459.

(2) Roland XP10 Synthesizer, \$350. Call/ lv. msg at 7702 (AWH).

## VEHICLES/BOATS

(1) 1978 Dodge D100 pickup, Good condition, Available Feb 3rd at ferry landing, \$1800 OBO W 4213 or H 7806

(1) 1999 Mazada Protege - 4dr, standard, CD player, cruise control, 58,000 miles. FMI, call 7088.

(1) CARS/TRUCK FOR SALE: 1988 Buick Century, \$1800; 1991 red Mustang conv., \$4000.; and 1982 Datsun truck, \$800. FMI, call 5288.

(1) 1999 4dr Daewoo Nubira, (red) 58,000 miles. Runs great, in outstanding shape. NOT a GTMO special! Asking \$7,000 OBO. Available 15 Feb. Call HM1 Bagley at 7-2690 or page at 7-2090 #120 (numeric page only)

(1) 1993 Ford Ranger Pick-up compact w/ AC, CD player, equalizer and power fresh paint job. Call Henry, (h) 5884 or (w) 72330.

(3) 18' boat hull, 7' beam- no motor, no console. Trailer needs work. Asking \$75. FMI, call 5350.

## EMPLOYMENT

Community Bank is seeking a self-motivated, dedicated & enthusiastic teller. Prior cash handling experience required. Prior Bank experience preferred. If interested, please dropoff your resume at Community Bank or send to PO Box 199. FMI, 5116.

The following employment positions are currently available at the Navy Exchange:

**Full-time:**  
Human Resources Associate/Personnel Clerk  
Warehouse Worker/Driver  
Security Guard (Refunds Desk)

**Part-time:**  
Receptionist/Cashier (Beauty Shop)  
Stop by the 2nd floor of the NEX for an application. FMI, call Mary Beth at 4119.

The following are job vacancies currently open through the Human Resources Office.

**Vacancies:**  
Office Automation Assistant GS-0326-05  
**Open Continuous Vacancies:**  
Practical Nurse, 1st cutoff 9/3/03, closes 8/20/04  
For more information contact the Human Resources Office at 4441.

## SERVICES

Celebrating a special event? Need a cake? FMI, call 7835 after 4:30pm.

Will teach piano/keyboard. Call 7702 (AWH).

## WANTED

Looking for person to teach art instruction - acrylics and water colors. Call 7043.

## LOST & FOUND

Lost: Black jewelry box (containing two pairs of earrings) the evening of the holiday tour of homes. Call 2489, lv. msg.

## LCN Customer Appreciation Day

Saturday, Jan. 17th, 10am to 2pm in the BCO/LCN Parking Lot. Events include: Face painting, children's air castle bouncer, rock climbing machine, craft fair and door prizes

Free hot dogs, hamburgers, ice cream and soda served by NAVSTA's SPOA

A live radio broadcast from the BLITZ 103.1 crew  
A demonstration of the new GTMO Freedom Calling Card.



## GTMO Concert Band Forming!

Open to all GTMO residents with instrumental music experience. Limited number of instruments available to borrow.

## Organizational Meeting

**Monday, Jan. 26th at 6pm**  
**W.T. Sampson High School, Music Room (E1)**  
**Call 7108 for more information.**

## MEETINGS

Coupon Meeting - Wednesday, Jan. 21, 7 to 9pm at the Community Center. We have lots of coupons to share with the community. FMI, call 5545 or 4471.

## YARD SALES

Back Yard Sale: VL13B, Saturday Jan. 17 from 7:30-9:30. Over 150 DVDs/100 CDs, baby clothes, accessories & furniture and much more.

Saturday, Jan. 17 - Nob Hill 24A, 7:30am to noon - lots of goodies, children's clothes, women's clothes, toys, etc. Something for everyone. No early birds please!

Saturday Jan. 17 & Sunday Jan 18 - Villamar 8D, 8am to noon - misc items.

Saturday, Jan 17 - Deer Point 1107, 10am to 2pm - **Plant Sale** - all plants must go! We're moving very soon! Various plants including Plumeria's, Banana Trees, Rose and Hibiscus plants. Also, ALL indoor plants are included. Buy one, get one free (of equal or lesser value) this weekend. FMI, call 7672.

Sunday, Jan. 18 - Grandillo 8 - Multiple family yard sale, 8 to 11am - No early birds please - BACK YARD - lots of collector items, Christmas Decorations, men's and women's clothing, no furniture.

## PERSONALS

To all my GTMO family and friends, I would like to take this opportunity to say a big "THANK YOU". Your quick action and response during the motor vehicle accident on 01-05-04 has aided me in being able to heal - with time. Guys, you have showed what being selfless and showing Team Work means.

To the GTMO Fire Dept., you were awesome.

The Hospital Staff and all those who visited, thanks for keeping me smiling even when it hurt. To Flo and his partner, thanks for keeping it real guys - nice legs.

The Base Police, you were on time and showed professionalism.

To the Flight crew, Wendy and Dr. Samuel Zaydon, you made my flight home very pleasant.

My co-workers, I love you guys and you all know that we are our brother's keeper. No man is an Island. Those who I haven't called by name, you know exactly who you are. Your calls and concerns meant a lot to me. I appreciate everything you did and still continue to do. Much love to everybody in GTMO and as we say in Jamaica - ONE LOVE.  
Nadine Thompson, Pentad Corp.

## THE CAT IN THE HAT

**Family/Comedy**  
82min

**Starring:**  
Mike Myers,  
Spencer Breslin,  
Dakota Fanning

A mischevious feline visitor in a striped stovepipe hat shows up at Conrad and Sally's house one rainy afternoon to help them tackle their boredom. But when the cat insists on breaking Mom's rules, the house winds up a huge mess. They must scramble to get it cleaned up before Mom gets home from work.



## SOMETHING'S GOT TO GIVE

**Comedy / Romance**  
123min

**Starring:**  
Jack Nicholson,  
Diane Keaton,  
Keanu Reeves,  
Amanda Peet,  
Jon Favreau

A perennial playboy with a libido much younger than his years develops chest pains during a romantic weekend with his latest infatuation at her mother's Hamptons beach house. He winds up being nursed by her reluctant mother a successful divorced New York playwright.



## RADIO

**Drama**  
109min

**Starring:**  
Cuba Gooding Jr.,  
Ed Harris,  
S. Epatha  
Merkerson,  
Riley Smith,  
Debra Winger



A high school football coach forms a mentoring relationship with Radio, a guy who is "just like everybody else, just a little slower than most." Their unique friendship ultimately transforms the conservative attitudes of a small South Carolina town.

# Movies

## FRIDAY, JAN 16

7pm Radio  
PG 109min

9pm Mystic River  
R 130min

## SATURDAY, JAN 17

7pm Scary Movie 3  
PG13, 83min

9pm Lord Of The Rings:  
The Return Of The Kings  
PG13, 201min

## SUNDAY, JAN 18

7pm Something Gotta Give  
PG13 123min

9pm Master & Commander:  
The Far Side Of The World  
PG13 138min

## MONDAY, JAN 19

7pm Love Actually  
R 125min

## TUESDAY, JAN 20

7pm Dr. Seuss:  
The Cat In The Hat  
PG 82min

## WEDNESDAY, JAN 21

7pm Looney Tunes:  
Back In Action  
PG 90min

## THURSDAY, JAN 22

7pm The Matrix Revolutions  
R 138min



### Teen Center

BBQ on the Beach

January 16

FMI, call 2096

Dance Party

January 17

FMI, call 2096

### Martin Luther King, Jr.

#### 5K Memorial Run

January 19

6:30am at the gym

The first 200 participants to sign-up by Jan. 18, receive a free T-shirt.

FMI, call 2193

### MWR Marina

Half-price boat rentals

January 19

Excluding GTMO Queen and gas

FMI, call 2345

### St. Valentine's Day

#### Massacre X-treme Biathlon

February 14

6am at the Sailing Center

1.5-mile swim

20-mile bike ride

2-person relay team or individual

Sign-up at the Marina.

FMI, call 2345

### Parents' Night Out

January 17

6:30pm to midnight

A reservation fee of \$2.50 is due by January 14th to hold a spot for your child(ren). An additional fee of \$1.50 is due for each additional child.

The reservation fee is non-refundable.

One hour-\$2.50, two hours-\$5.00 and three or more hours-\$12.00

FMI Call 3664

For more information on any of the events listed above, call 5225.